



3 - Essex port visit



6 - Aspiring engineers

Brief Notes

The Main Base road pavement replacement project is in progress. Periods of road closures and one lane traffic should be expected during this paving work.

Paving work this week is being performed on the road that accesses the India Basin berth 6 and 7 area in front of the Housing Welcome Center (Building 154) and the NEX locker (Building 153).

Also this week and into next week, Oregon Drive from McDonalds to the corner by Galaxies will be under construction. Construction areas will be reduced to one lane traffic from 8 a.m. to 4 p.m. each working day.

We remind you to please be attentive to the directions given by the flagmen and follow safe driving practices when driving through areas under construction.

Your patience throughout this construction work is appreciated. For further information regarding this paving work, contact ROICC at 252-3469.

Stay tuned for weekly updates on which roads are under construction.

USO Notes:

USO Christmas Party at the Harbor View Club Dec 18 at 6 p.m.. Tickets are available at Fleet Landing or Nimitz Park for \$25.

We are looking for a volunteer coordinator for our English outreach to Gion Elementary School. This is a rewarding volunteer opportunity and a wonderful way to give back to our host community. Contact DJ at 090-3012-5867 for more details.

Oriental Deco and Michelle Jewelry sale at Kiku Tower Dec. 10-12.

The African-American Heritage Association is holding a college night at the Community & Education Center on Tuesday, Dec. 7 from 5 p.m. to 7 p.m. For more information, contact Chief Barr at 252-3059.

Weather

**Sunday Mostly cloudy w/rain
 H 58° L 46°**

**Monday Mostly cloudy w/ rain
 H 56° L 46°**

DUI Counter: 27 days as of Dec. 4

NMCB 133 departs, leaves CFAS legacy

Akasaki Fuel Depot Storage Cave



Cost Savings: \$352,000

Excavated 4,622 cu. yds. of soil, removed existing exhaust stacks, filled cavities with concrete, waterproofed outer shell of bunker, covered with soil

Harioshima Ordnance Facility Flagpoles



Cost Savings: \$70,700

Excavated existing concrete pad and poles, replaced and installed retaining wall

JO1(SW) Ron Inman
 CFAS Public Affairs

What do a security fenceline, a new floor at Galaxies, a set of flagpoles, a storage cave and a pre-fabricated building all have in common?

Each of these Commander, Fleet Activities Sasebo (CFAS) facilities was completed by Naval Mobile Construction

Akasaki Fuel Depot Fenceline



Cost Savings: \$375,550

Removed existing fence, replaced with 2.7 km of new fence

Harioshima Ordnance Facility Pre-Engineered Building (PEB)



Cost Savings: \$280,000

Removed existing wooden building and concrete foundation, replaced with concrete foundation - metal building placement assigned to incoming NMCB 40

Battalion 133 Detachment Sasebo during its sixth-month deployment here – the first in 30 years.

As a result of the Seabees' hard work, a cost savings of \$1.2 million dollars was also realized – the difference between paying a private contractor and having the Gulfport, Miss., -based unit complete the work.

The majority of the unit, which arrived

Galaxies Enclosure



Cost Savings: \$140,000

Enclosed ground level of Galaxies for development of expanded food preparation and food service area

"We have had our fair share of challenges and every time our Seabees rose to the occasion to get the job done on time and in a professional safe manner. It's been a privilege to have served with them on the Det Sasebo team. Additionally, local command support has been tremendous. We would not have had the success we did if not for the team atmosphere that CFAS fosters between itself and the tenant commands."

- Lt. Micheal J. Wanger
 Officer In Charge, NMCB 133
 Det Sasebo

at CFAS June 15, departed last week, but elements of the unit will remain behind until next week to wrap up the deployment and conduct a turnover with the next unit to arrive – NMCB 40, based in Port Hueneme, Calif.

NMCB 133 will return to Gulfport, enjoy 2 weeks of leave and then begins their training cycle to train for their next deployment.

Congratulations to newest frockees at CFAS

The following personnel attached to Commander, Fleet Activities Sasebo (CFAS) were selected for advancement off of the September 2004 Navy-wide rating examination:

QM1 Robert L. Bonacorsi
 MA1 Harvey G. Carrathus
 MA1 Catherine E. Chavarria
 QM2 Kindell L. Downie

BM1 David A. Huntington
 BM2 Gary J. Lima
 GM2 Chris Navarro
 CS1 Raul S. Pasana

MA1 Adladdin D. Slate
 MA3 Tyler F. Johnstone
 RP3 Francis A. Reuter

Congratulations on behalf of Sasebo Soundings and the entire CFAS community!

Correction: In the Nov. 27 issue, *Soundings* incorrectly reported that the road repavement project would be completed by February 2005. The project will actually be completed by summer 2005. We apologize for the error.

Dignitaries tour USS Essex...



U.S. Army Commander, U.S. Central Command, a U.S. Ambassador, United Arab Emirates dignitaries, and other military officials, begin a guided tour aboard USS Essex (LHD 2) Monday, Nov. 29, as sideboys render honors. The Essex Expeditionary Strike Group (ESG), is helping provide security and stability in the North Arabian Gulf in support of a sovereign Iraqi government. (Official U.S. Navy photo by Photographer's Mate Airman Travis M. Burns.)

CFAS announces holiday liberty and leave dates

For information of CFAS tenants and assigned units: USCS Dec. 30.

In addition to the previously promulgated holiday periods (Saturday, Dec. 13 -Thursday Dec. 27 and Tuesday, Dec. 28 - Monday, Jan. 10), the following liberty policy applies for the upcoming holiday periods:

Christmas-Dec. 23-Dec. 26

Liberty commences for military at 11 a.m. on Dec. 23, and liberal leave (1/2 day for USCS on Dec. 23) until Dec. 26.

New Years- Dec. 30 – Jan. 2

Four day liberty is authorized for military personnel and liberal leave authorized for



Dec. 27-29 will be work days (Dec. 29 is MLC holiday), however all scheduled meetings (department head, and Area Coordinator's Meeting (ACM)) are cancelled during this period. Regularly scheduled meetings will resume Jan. 3, 2005.

Department heads are responsible to ensure essential work can be conducted during these periods, factoring personnel on leave/ liberty. The MLC holiday period runs from Dec. 29 through Jan. 3.

Department heads are responsible to ensure accurate recall bills and procedures are in place at all times.

Annual community Christmas party Dec. 11

JOSN Jeff Johnstone
CFAS Public Affairs

Fleet Activities Sasebo's (CFAS) Exceptional Sailor Program (ESP), is holding their annual community holiday party Monday, Dec. 11 at the Harbor View Club's lower Sakura room.

Tickets cost \$10 and may be purchased from Legalman Second Class (SW) Stephen Thaggard at the legal office or from Chief Culinary Specialist (SW/ AW) Wendell James at Logistics.

The doors open at 5:30 p.m. and are



open to all active duty personnel, dependents, master labor contract (MLC) employees and Japanese civilians with tickets and an escort.

According to Thaggard, the party has a lot to offer both accompanied and single Sailors.

"There will be a buffet with a large variety of food and door prizes will be given out throughout the night," said Thaggard.

Six door prizes will be given away, including a 19-inch Sony television, a 72-hour MP3 player, a Nintendo Game Cube, a DVD

player, a mini home theatre speaker set and a JVC mini shelf cd/radio system. As ticket sales increase, more door prizes will be bought.

"The party is open to everyone, and we would like to attract a more diverse group. We want to see more single and junior Sailors attend this year," said Thaggard. "We want to ensure everyone has something to do for the holidays."

"We encourage everyone to attend. Bring a guest, sign them in and enjoy the night," said Thaggard.

For more information about this year's holiday party, contact Petty Officer Thaggard at 252-3385 or Chief James at 252-3767.

Teacher mentor program helps E. J. King faculty

Amy Brennan
E. J. King correspondent

In 1997, Department of Defense Dependent Schools (DoDDS) established a Teacher Mentor Program to help provide support for new teachers. Each year, schools throughout the Pacific have a teacher turnover rate of around 25 percent, and the goal of the Teacher Mentor Program is to retain quality teachers.

With the Teacher Mentor Program, teachers new to DoDDS schools have the opportunity to receive the support, advice, and direction necessary to make their first year's experience as successful as possible. Teachers can sometimes feel overwhelmed by their new surroundings, the processes of a new school, new courses to teach, the housing and car registration processes, host nation language barrier and all of the new obstacles that people face when they move overseas.

At E. J. King High School, Pat Laurenzi and Michael Seitz head the Teacher

Mentor Program, and offer support to approximately ten new teachers this year.

"The mentor program is an orientation and support program for new teachers to educate them concerning their overseas culture, issues, policies, school programs, curriculum, and general expectations of their teaching position," said Laurenzi, the seventh grade English and high school Drama teacher says of the program,

"Its intention is to encourage and nurture teaching expertise, creativity, and their personal educational opportunities resulting in achievement both in their classroom and life in the community as well, she continues."

New teachers to E. J. King also select individual mentors they can go to with specific problems or issues, but many teachers enjoy participation in the monthly group meetings because they can compare notes with their colleagues and discuss obstacles and successes in both personal, and professional activities.

In terms of the Department of Defense Educational Activities (DoDEA) Community Strategic Plan, the Teacher Mentor Program provides opportunities for incoming teachers to be successful in effective teaching practices that support higher student achievement, and support the goal to recruit, hire, support, evaluate and recognize personnel to retain a highly diverse, motivated and committed workforce.

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The Education Center

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The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to soundings@sasebo.navy.mil. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings
PSC 476 Box 93
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Command Spotlight: CFAS Post Offices

JO1(SW) Ron Inman
CFAS Public Affairs

Commander, Fleet Activities Sasebo’s (CFAS) Main Base and Hario post offices stand ready to serve the postal needs of the Sasebo community.

Ten personnel at the two post offices - nine Navy and one Master Labor Contract (MLC) employee - process all incoming and outgoing mail. This includes official command mail for all CFAS and tenant commands, including homeported and visiting ships, and personal mail – letters and packages. The offices serve the mailing needs of 5,000 – 7,000 customers daily.

According to Postal Clerk First Class Don Wolken, a lot of work goes on behind the scenes before customers are assisted by postal clerks (PCs) at the pickup window.

Days at the post office start early, when trucks from Nippon Truck Company arrive at Main Base at 5 a.m., Monday through Saturday. After unloading the trucks, PCs load the outgoing mail, and one of them accompanies the Nippon Truck Company driver to Nagasaki Airport.

“When customers drop off their mail at the post office, it leaves the next day by 5:30 a.m.,” Wolken said.

With the holiday season in full swing, Wolken had specific recommendations when it comes to sending

holiday mail with the U.S. Postal Service. “Mail needs to be sent by Dec. 11 if customers want to get their packages to the States, via Priority mail, in time for Christmas,” he said. Express mail, which takes five business days to reach its destination, is also available, according to Wolken - but customers may feel the pinch to their wallet if they use it. “Five day Express mail starts at \$13.65, and increases with the weight of the item,” he explained. “If customers mail their packages out early, they can avoid more expensive shipping costs.”

For those mailing packages to shipboard Sailors via the Military Postal System (MPS), Wolken still recommends mailing packages by the 11th to ensure their arrival by Dec. 25.

With the increased tempo of the holiday season, the CFAS post offices are among the busiest organizations at

CFAS. Wolken asks for the community’s patience during the holiday season, as the Main Base and Hario post office staffs strive to provide the best possible service to the Sasebo community:

“Please bear with us for customer service issues during the holidays, and we’ll do our best to provide outstanding customer service in a timely manner.”

“Mail needs to be sent by Dec. 11 if customers want to get their packages to the U.S., via Priority mail, in time for Christmas,”
- *PC1(SW) Don Wolken,*
Main Base Post Office

Essex hits the Gold Souk with fever pitch

USS Essex (LHD 2) Public Affairs

USS Essex (LHD 2) Sailors recently wrapped up nine days of liberty in the United Arab Emirates (UAE) port of Jebel Ali and nearby Dubai city. The ventures out to Dubai included numerous Morale, Welfare and Recreation (MWR) tours, spending an evening or two in a fine hotel and shopping trips. Some Sailors went out looking for gifts for family and friends, and what they found in Dubai was a shopping gold mine.

The Gold Souk (souk is the Arabic word for market) in Dubai is a popular spot for visitors wanting to shop for gold jewelry. The Dubai Gold Souk is one of the biggest gold trading areas in the world.

Essex’ crew definitely took advantage of all the bargains that were available at the Gold Souk by spending more than \$250,000 on jewelry, according to souk shop dealer Emaar Derisomu of ‘Premiere Gold Dubai.’

“The ships that come to UAE contribute to our way of life here in Dubai,” said Derisomu. “In October, we saw many of our friends from the ship come into the Gold Souk. After our monthly shop owners meeting, the gains tallied close to a quarter million dollars that wasn’t there in the month of September,” added Derisomu.

With the endless variety and designs of sparkling gold on display, the options on what actually to buy can be overwhelming said Disbursing Clerk Second Class (Surface Warfare) Dushane Richards.

“I was trying to make up my mind on what to get a month ago and this time I think I have a little better idea of what I may be getting,” said Richards. “I still haven’t figured out exactly what yet, because you could go on forever, spend your whole life here really just shopping

for the perfect piece of gold or jewelry. It just goes on forever.”

The Gold Souk is unique and shoppers should be aware the bartering method of selling is common. Aerographer’s Mate Second Class (Air Warfare/Surface Warfare) Alonzo Ingram said gold shoppers may come away disappointed if they aren’t prepared for the barter approach that some of the shop owners bring to the counter.

“You’ve got to know your business on gold and jewelry out here in the Souk,” said Ingram. “Be a good businessman. You’ve got to pay attention to what the prices are and what things go for. Get ready to bargain

for what you want and have your mind in the game! They (all the gold dealers) are waiting for you and your money, and it’s up to you to see how much of it they’ll get for what they sell you,” he said.

Gold fever has affected millions of people since the discovery of the precious metal, and that condition still applies to some shoppers in the Gold Souk.

“There’s just something about gold,” said Richards. “The way it looks and the way it feels and this place has lots of gold.”


Essex is the Navy’s only forward deployed Amphibious Assault ship home ported in Sasebo, Japan, and is currently operating as the flagship for Commander, Amphibious Squadron ELEVEN.

The Essex Amphibious Ready Group is operating in the North Arabian Gulf in support of the sovereign government of Iraq.



Sailors from USS Essex (LHD 2) calculates their possible investment at a gold and jewelry store in Dubai’s Gold Souk. Souk is the Arabic term for market place. (Official U.S. Photo by JO1(SW) James Evans Coyle)

Profile: Postal Clerk Third Class



Hometown...Winston-Salem, North Carolina

How long have you been in Japan?

2 years

What is your favorite thing about Sasebo?

The sunrises and sunsets

What hobbies do you have?

Fishing and hiking

Who do you consider to be your role model?

My brother, Stephen

What are your personal goals?

To get a BA in business

What motivates you?

My family

What is the one thing you can't stand?

Rush-hour traffic

What do people not know about you?

I was a short order cook in my hometown

What is your favorite movie?

Kelly's Heroes

What is your most embarrassing moment?

I was working at Pizza Hut and the seam of my pants ripped open in front of everyone on a busy Friday night

If you could have dinner with three people, living or dead, who would they be?

The President, my grandfather and Gen. Patton

If you could bring one thing with you on a deserted island, what would it be?

My Fishing equipment

Catholic congregation takes trip to Hirado’s castle, churches

Released by CFAS Public Affairs

On Monday, Nov. 13, Rev. Fr. William Onuh, Fleet Activities Sasebo (CFAS) Catholic Chaplain, took members Catholic community on a trip to the Historic churches in Hirado and the Hirado Castle.

The trip was a time for fellowship with the Japanese Catholic Community and to experience the beautiful architecture of the churches. Each of the individual churches has their own unique design inside and outside.

The first church the group visited was the Himosashi Catholic Church, built in Hirado in 1929. Of the 20,000 people in Hirado, 3,000 are Catholic and 1,000 attend this church. The interior design of the Himosashi Church has a flare interior of Roman Architecture with a tint of Buddhism, and there is a rope used to ring the bell to let the congregation know when Mass begins.

The Pastor of Himosashi Church told the group about how the underground Catholics were able to worship in secret.

The group went to two smaller churches before going to the Hirado castle.

The group then visited was the Hirado Castle, built in 1599 by Lord Matsura, but was destroyed by a fire in 1613. In 1704 reconstruction began and was completed in 1718.

At the Castle stands a temple, a small stadium where Sumo wrestling took place, and a museum dedicated to the samurai with suits of armor and paintings depicting different samurai.

The museum contains Lord Matsura's family tree. In some of the buildings there are old tools used for farming in those days and for other chores that were required and also some artistic pottery.

The tour then took the group to the Hirado (Saint Francis Xavier) Catholic Church, built in 1931. The Pastor of Hirado Catholic Church explained how the church was

On the outside stands a hand-washing statue like in the Buddhists temple.

Towards the back of the Church are three temples, one of them Buddhist.

While at Hirado Catholic Church the group had Mass and took up a collection, which was left as a donation to the church.

The shop at the church sells a lot of religious items such as crosses and rosaries, just to name a few.

The Pastor said that people in those days would pretend to go to the temple, but would sneak away through the back of the

Church because they were not allowed to profess their Christianity.

The trip was a wonderful experience, and anyone who has a chance to go and see these churches, and Hirado Castle are encouraged to do so.



Members of the Fleet Activities Sasebo (CFAS) Catholic community pose for a photo in one of the churches they visited during a trip to Hirado. (Released by CFAS Public Affairs)

built from manual labor.

According to the pastor, people carried the sand and stone on their heads during the construction. He added that families donated up to 350,000 Yen for 11 years to help build the church.

Inside Hirado Catholic Church there is a marble altar and the columns are brownish in color.

Safety Corner: Follow these tips to avoid holiday accidents

Charles Carr
CFAS Safety Department

The holiday season is a time to celebrate with family and friends and to give thanks for our good fortunes.

Unfortunately, the holiday season can also be a time when mishaps can and often do occur. We have put together this information for you to decrease the chances of being involved in a mishap.

Always place space heaters at least 36 inches away from flammable/combustible materials. Do not leave space heaters unattended or in use while sleeping.

Ensure the heater is UL approved and is equipped with a safety tip-over switch.

Before using your fireplace, check the flue for proper operation.

Have the chimney inspected at least once a year.

Use a fire screen and only burn material that is appropriate for fireplaces.

Holiday Decorations

Use only UL approved electrical decorations. Always inspect these decorations for frayed/bare wires or loose connections.

Discard damaged lighting sets. Always unplug your decorations when you go to bed or leave the house. Place Christmas trees, live and artificial, away from fireplaces, radiators and other heat sources.

If using a live tree, keep it watered.

Ensure decorations are kept out of your children and pet’s reach. Stay away from

Mistletoe and holly, as these can be poisonous if swallowed. Keep a fire extinguisher handy.

Holiday Get-togethers

Take your role as a host seriously. Ensure designated drivers are available.

Offer alcoholic as well as non- alcoholic beverages for your guests. Provide plenty of food so your guest will not have to drink on an empty stomach. Plan plenty of group activities like party games.

Invite guests who are compatible so no one feels left out of the crowd...lonely or unfriendly people often drink to excess.

Don’t push drinks...drinking at a party is not mandatory for having a good time.

Personal Protection

When shopping, always be alert. Stay in well-lighted areas. If you carry a purse, keep it in front of you and close to your body.

Carry your keys in your pocket; in the event of purse snatching the purse may have your home address but not the keys to the house.

Try to shop with family and friends. There is safety in numbers.

Never carry large amounts of cash. Dress casually. Thieves and pickpockets are attracted to expensive clothes and jewelry.

Park in a well-lit parking area and secure your car.

Finally, enjoy the holiday season and family and friends by slowing down and relaxing.

Preparing for the holidays...



The Ombudsman for the USS Guardian, carefully places an ornament on a Christmas tree in the Harbor View Club Oriental Garden Restaurant last week along with other family members from Sailors stationed aboard the USS Patriot, USS Safeguard and USS Guardian. Having local commands decorate Christmas trees for display at the Harbor View Club this year is the brainchild of the USS Essex Executive Officer’s wife. With trees provided by the Harbor View Club, family members of Sailors stationed aboard the USS Essex, USS Juneau, USS Fort McHenry, USS Harpers Ferry and ATG pitched in to decorate other trees throughout the facility. (Photo by Frank DeSilva)



2005 National Fine Arts Exhibit Program

Students in Kindergarten through grade 12 are encouraged to participate in the 2005 National Fine Arts Exhibit Program by entering the Boys and Girls Clubs of Sasebo Fine Arts Contest to be held at the E. J. King Elementary School gymnasium on Sunday, Dec. 12 from 2 to 4 p.m. All submissions must be received by Tuesday, Dec. 7, 2004. This is the first time Sasebo will participate in this national program. All eligible participants may submit artwork in four age divisions and 10 categories, including monochromatic drawing, multi-colored drawing, watercolor, pastel, oil and acrylic, print-making, mixed media, sculpture, collage or group project. There is no entry fee. Winners will advance to regional competition with an opportunity to move on to the national finals. Thirty-seven national winners will be named and their artwork displayed throughout the year at the Boys and Girls Club of America national headquarters in Atlanta, Ga. For more information, call 252-2989.

Christmas Shopping Without The Kids

The Child Development Centers at Main Base and Hario will be happy to watch your children for you at no cost on Friday, Dec. 10 and Friday, Dec. 17 from 6 - 10 p.m. so you can do some 'secret' Christmas shopping. Make your reservations now with the Child Development Center of your choice as space is limited. Registration deadlines are Wednesday, Dec. 8 and Wednesday, Dec. 15, but please do not wait until the last minute. To register for Hario care, call 252-8842. For Main Base care, call 252-2985.

Free Christmas Craft Class for Kids

Youngsters ages 7-11 are encouraged to visit the Main Base Library on Wednesday, Dec. 15 from 3-4 p.m. for free Christmas craft tips with the emphasis on creating beautiful origami Christmas cards. The holiday program is co-sponsored by the Sasebo MWR Department and the Fleet & Family Support Center. For more information, call 252-3593.

Calorie Burner Clinic at Hario

People tend to take in more calories during the holiday season and it's always a struggle to burn them off. The folks at the Hario Fitness Center can show you how to increase the calories you burn daily through cardiovascular training and weightlifting. They're hosting a free Calorie Burner Clinic on Tuesday, Dec. 14 at 6 p.m. Lose some excess weight and get back into shape. You can do it! For more information, call 252-8960.

3-6-9 Bowling Tournament

The Spare Time Recreation Center has scheduled a 3-6-9 Bowling Tournament (18 years or older), on Saturday, Dec. 11 starting at 6:30 p.m. The entry fee is \$15. The tournament will consist of three games of bowling, with every third, sixth and ninth frame automatically scored as a strike. Highest total pinfall determines the winner and the total number of participants determines the prize money. For more information, call 252-3634.

Space World Amusement Park Trip

Sign up today for a trip to the Space World Amusement Park on Saturday, Dec. 11. Located in Kitakyushu City in Fukuoka, Space World is a great theme park totally focused on space. They have a wide variety of exciting rides for you to enjoy, from roller coasters to running the rapids, plus a great area for the little ones called 'Lucky Land' with costumed characters from Space World waiting to greet them. The cost (including transportation and a one-day pass), is \$30 for adults, \$20 for children 4-11 and \$5 for youngsters 3 and under. For more information, call 252-3433.

Basic Sailing Class

There's nothing like being out on the open water without a care in the world. Sail along with the cool ocean breeze in your face. Don't know how to sail a boat? No problem. Just sign up for the basic sailing class scheduled for Friday, December 10 at the Sailing & Outdoor Adventure Center. The class is set to begin at 10 a.m. and by 4 p.m. you should be ready to hoist sail and get underway all by yourself. An experienced Sailing & Outdoor Adventure staff member will be right there with you throughout the class to ensure you learn the ropes and have a safe and fun experience. Cost is \$35 per person. For more information, call 252-3500.

Living in Japan: To the Japanese, life is a circle

Americans are linear thinkers for the most part. What's out there? What's in the future? Where are we going? The concept of moving on is important to us. Japanese are circular in their thoughts, linking what is happening now to what has come before, trusting in the future to be substantially a repetition of the past, and with a basic trust in the general progress of events.

A circle best represents the path of Japanese life. There is no beginning, there is no end, it simply flows along with karma guiding the path of each individual. Japanese feel themselves to be inexorably connected to their ancestors, with their progeny carrying on their family line, keeping the circle intact.

Being a homogenous society, it is much easier to stereotype Japanese than it is to stereotype an American. With our "Heinz 57" backgrounds, other nations can generalize about our behavior, but we can't be as neatly cubby-holed.

To make a promise with a Japanese you will interlock your thumb and little finger with hers to form two circles, linking you together in a commitment to fulfill whatever it was the promise obligated each to do. Please note, the Japanese do not take the act of making such a promise lightly.

In conversation, as we've spoken of before, trying to get a Japanese to provide you with a simple "Yes" or "No" can be almost impossible. Using circuitous conversation, vaguely hinted objections, constant repetition of various elements of the proposal, all done over many cups of green tea, you are to extrapolate their meaning and intentions by the time you walk away. Americans can be seen as obtuse to a Japanese, as we will listen, often with undisguised exasperation, and repeatedly hammer away at them, "So, are you going to go or aren't you?"

I'm afraid that it is this rigid belief in the propriety of maintaining the status quo and turning a blind eye to radical change that caused the relatively abrupt bursting of Japan's economic bubble around a decade ago.

Octogenarian heads of major companies and conglomerates had provided the fuel that drove the engine that pulled Japan out of the devastation of the war. Staunch belief in the success of principles used then saw them repeating tried and true actions, only this time with far different results.

There is much to be said for the Japanese manner of viewing life, just as there is much that is positive in our brasher, "Get things done!" American approach. For foreigners, such as we, the problem really comes in learning to slow down to recognize and respect the Japanese cultural ways while we are in their country.



**FLEET & FAMILY
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Schedule for December 3-12

SHOWBOAT THEATER

TELEPHONE: 252-3822

Movie Schedule is subject to change without notice.

FRIDAY, DECEMBER 3	SATURDAY, DECEMBER 4	SUNDAY, DECEMBER 5	MONDAY, DECEMBER 6	TUESDAY, DECEMBER 7	WEDNESDAY, DECEMBER 8	THURSDAY, DECEMBER 9	FRIDAY, DECEMBER 10	SATURDAY, DECEMBER 11	SUNDAY, DECEMBER 12
5 p.m. #10 *The SpongeBob SquarePants Movie	2 p.m. #10 The SpongeBob SquarePants Movie	2 p.m. #10 The Incredibles	6 p.m. #10 Raise Your Voice	6 p.m. #10 National Treasure	6 p.m. #10 #11 Taxi	6 p.m. #10 Raise Your Voice	5 p.m. #10 The Incredibles	2 p.m. #10 Polar Express	2 p.m. #10 Shark Tale
7 p.m. #10 #11 *Taxi	5 p.m. #10 *Raise Your Voice	6 p.m. Live Hymnists! FREE Chuck Milligan	8:30 p.m. #10 #11 Mr. 3000	8:30 p.m. #10 #11 The Forgiven	8:30 p.m. #10 #11 Ray	8:30 p.m. #10 #11 Friday Night Light	7:30 p.m. #10 #11 *Surviving Christmas	5 p.m. #10 #11 Surviving Christmas	8:30 p.m. #10 Raise Your Voice
9:30 p.m. #10 #11 Ray	7 p.m. #10 #11 Ladder 49	8:30 p.m. #10 #11 Taxi					9:30 p.m. #10 *Team America: World Police	7 p.m. #10 #11 The Forgiven	8:30 p.m. #10 #11 The Forgiven

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, DECEMBER 3	SATURDAY, DECEMBER 4	SUNDAY, DECEMBER 5	MONDAY, DECEMBER 6	TUESDAY, DECEMBER 7	WEDNESDAY, DECEMBER 8	THURSDAY, DECEMBER 9	FRIDAY, DECEMBER 10	SATURDAY, DECEMBER 11	SUNDAY, DECEMBER 12
6:30 p.m. #10 Polar Express	2 p.m. #10 National Treasure	2 p.m. #10 Shark Tale	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. #10 #11 Ladder 49	6:30 p.m. #10 The SpongeBob SquarePants Movie	2 p.m. #10 The SpongeBob SquarePants Movie	2 p.m. #10 National Treasure
9 p.m. #10 #11 The Forgiven	6 p.m. Live Hymnists! FREE Chuck Milligan	6:30 p.m. #10 #11 The Forgiven				No scooters, skateboards, surfboards or backpacks allowed in theaters. NO OUTSIDE FOOD OR BEVERAGES.	9 p.m. #10 #11 Taxi	6:30 p.m. #10 Raise Your Voice	6:30 p.m. #10 #11 Ray
	9 p.m. #10 #11 Friday Night Light		*a Premiere					9 p.m. #10 #11 Taxi	

THE INCREDIBLES (PG)
Starring: Craig T. Nelson, Holly Hunter, Samiel L. Jackson, Jason Lee and Elisabeth Harn

A dysfunctional family of undercover super heroes (struggling to live a quiet suburban life) are forced into action to save the world.

RAISE YOUR VOICE (PG)
Starring: Hilary Duff, John Corbett, Andrew Simpson, Jason Ritter and Rita Wilson

Tori Fletcher is a small town girl with the voice of a big-time singer. When a personal tragedy interrupts her steady life, she defies her father's wishes and secretly heads off to spend the summer at a Las Angeles performing arts academy. But the school brings a whole new set of challenges for Tori, who suddenly finds herself part of a highly competitive program in an intimidating new city. Though initially overwhelmed by her new surroundings, Tori rises to the occasion with the help of some newfound friends, an encouraging teacher and a first love that captures her heart.

TEAM AMERICA: WORLD POLICE (R)
Starring: Trey Parker, Matt Stone, Kristen Miller, Michael and Conan North

Team America is a group of superhero-style adventurers who travel the world fighting terrorism and other evils. The story focuses on a typical "action hero" who is recruited to join Team America for a special mission as a satire of the typical Hollywood action movie, using a combination of wood marionette-driven action sequences and stirring tongue-in-cheek musical numbers.

SURVIVING CHRISTMAS (PG-13)
Starring: Sam Allard, Christina Applegate, James Gandolfini, Catherine O'Hara and Jennifer Morrison

A rich record executive, stuck with spending Christmas alone, decides to return to the one place where he was once happiest-his childhood home. He asks the family that lives there now to take him in for their holiday celebrations. He discovers that his new "family" is even more psychopathic than his real kin.

Premiere Feature

TAXI (PG-13)
Starring: Queen Latifah, Jimmy Fallon, Ann-Margret, Ana Cristina De Oliveira and Jennifer Esposito

Belle, a single mother and pizza deliverer, decides to use her record for making speedy deliveries to another use by becoming a cabler. A young eager cop who loves Belle's driving abilities convinces her to help him catch a gang of beautiful female bank robbers using her amazing driving abilities.

Queen Latifah

Jimmy Fallon

ONE FREE MOVIE!

with the new MWR

CINE-PASS

Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

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Cine-Pass
available for purchase at:
• Showboat Theater
• Hario Theater
• Travel & Tours Office

Great Gift Giving Idea!

For more information call 252-2988

1. All sales are final. No refunds.
2. Lost cards will not be replaced.
3. This card may be used for multiple admissions.
4. A valid Cine-Pass Card must be used for an adult's admission.
5. Admission fees and movie tickets are required.
6. Any card that is damaged, torn, or altered in any way will not be accepted.
7. This card has no expiration date.
8. No outside food or beverages allowed.
9. Cine-Pass is for use in the Showboat & Village Theater.

Sasebo Elementary club teaches scientific and mathematical principles

Beth Martin
Sasebo Elementary correspondent

Aspiring engineers, mathematicians, scientists and architects at Sasebo Elementary School gathered this week to construct a spectacular structure.

The students, all members of the school's "Think it, Do it" club, meet every Wednesday to collaborate on different projects.

The goal of the club is to demonstrate scientific and mathematical principles in a way that is fun, relevant and at the same time educational.

Last week the club met to duplicate the work of R. Buckminster Fuller. Fuller was the first person to build a geodesic dome, which is a sphere made of a complex network of triangles. The triangles are arranged to form a ball. Students in the club used 65 newspaper rolls held together with masking tape to construct the dome.

The students were surprised to learn that even though the dome looks as if it

is made entirely of triangles it can be divided into circles. One budding scientist, Benjamin Tompkins, remarked, "I'm surprised how much math went into this."

The club, comprised of 16 students from the second to the fifth grade, has made other projects this year. A favorite of some was the pendulum project. A magnet and string was all they needed to demonstrate why a pendulum moved and the properties of shifting weight. John Martin, a fifth grader in the club, regards the club as the "highlight of the week, I know we're always going to make something I'm curious about."

For more information, contact Mr. Austin at 252-3600.



Sasebo Elementary School students play in one of their projects. These students, members of the school's "Think it, Do it" club, collaborate on projects every week. (Photo by Steve Austin)

Announcement of beneficial change in DoDDS free lunch policy

Amy Brennan
E. J. King correspondent

For the first time in nearly 25 years,eligibility for free or reduced-price lunches in Department of Defense Dependents Schools (DoDDS) will be calculated for families living on the economy without including housing

allowance as income.

This should greatly increase the number of children eligible to receive reduced price or free lunches at school. The new policy went into effect immediately under the authority of the Principal Under Secretary of Defense for Personnel and Readiness.

Some children living off base may find

they now qualify for reduced price lunches, those already eligible for the reduced prices may now qualify for free lunches.

This policy applies only to military dependent children living in civilian housing overseas and attending DoDDS. There is no change for the children of families living in military housing.

Families interested in seeing if their eligibility has changed with the new policy should contact the installation representative who normally processes applications for the free and reduced-price school meal program. For more information, call the Personal Financial Management Specialist at the Fleet and Family Support Center, at 252-3121.

Sasebo Community Worship Services

COMMUNITY EDUCATION CENTER
Commander Fleet Activities, Sasebo Main Base Bldg. 155, second floor

PROTESTANT
9 a.m. ~ Sunday School
10 a.m. ~ Sunday Fellowship
11 a.m. ~ Sunday Contemporary Worship
9:30 a.m. ~ Tuesday Ladies Bible Study (Music Room)

ROMAN CATHOLIC
9 a.m. ~ Sunday
10:15 a.m. ~ Sunday CCD (September to May)
11:30 a.m. ~ Weekday Mass (Except Mondays)

HARIO CHAPEL
Hario Village, Bldg. 5141

PROTESTANT
9:30 a.m. ~ Sunday School
9:30 a.m. ~ Worship

ROMAN CATHOLIC
5 p.m. ~Saturday Vigil Mass

LAY CONGREGATIONS

CHURCH OF CHRIST
10 a.m. ~ Sunday Worship Service ~ CEC (non-instrumental)
Contact 090-5424-4940

FIREBRANDS HOLINESS SERVICE
2 p.m. ~Sunday Worship Service-Hario
6:30 p.m. ~ CFC Bible Study ~Thursday

Contact 252-7323

NEW LIFE CHRISTIAN COMMUNITY
12:15 p.m. ~ Sunday School ~ CEC
1 p.m. ~ Sunday worship Service ~ CEC
6 p.m. ~ Wednesday Prayer Meeting ~ Hario Chapel
6 p.m. ~ Friday Adult Bible Study ~ Hario Chapel

JEWISH
Contact Lt. Polansky at 252-2747

NICHIREN DAISHONIN BUDDHISM (SGI - USA)
1 p.m. ~ Saturday ~ CEC
Contact 252-3524 or 28-6774

GOOD NEWS MINISTRIES
Contact 252-8632
6:30 p.m. ~ Tuesday Bible Study ~ CEC (Music Room)
6 p.m. ~ Wednesday Family Bible Study ~ Hario Chapel

WICCA
Contact JO3 Mellen at 252-2290

BIBLICAL REALITY MINISTRY
7 p.m. ~Wednesday ~Hario Chapel
7 p.m. ~Thursday ~Main base
Contact Dr. Bruce Pillow at 252-8309

ENGLISH - SPEAKING CONGREGATIONS OFF BASE

GREATER HARVEST HOLINESS CHURCH
16-20 Daikoku-cho
Contact 090-8412-1571
9:30 a.m. ~ Sunday School
11 a.m. ~ Morning Worship
6 p.m. ~ Tuesday ~ Bible Study
5 p.m. ~ Wednesday ~ Gospel Choir Practice

6 p.m. ~ Thursday ~ Bible Study

INTERNATIONAL CHRISTIAN ASSEMBLY
Standard Labor Bldg.
Contact 28-4063/0816
9:30 a.m. ~ Sunday ~ Sunday School
10:30 a.m. ~ Morning Worship
5:30 p.m. ~ Evening Worship

LIGHTHOUSE BAPTIST MINISTRIES
808 Yamato-Cho
Contact 33-9011 or 31-5434
10 a.m. ~ Sunday School
11 a.m. ~ Morning Service
6 p.m. ~ Evening Service
7 p.m. ~ Evening Service

THE CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS(MORMON) (LDS)
Branch President 252-8234
9 a.m. ~ Worship Service

Chaplain's Office (Main Base): 252-3380
From off base, dial 0956-50-3380
Hario Chapel: 252-8949
From off base, dial 0956-50-8949

For emergency and off-duty hour calls, please call the CFAS Security Quarterdeck at **252-3535** and have them contact the Duty Chaplain via cell phone.

Counseling appointments should be arranged with the chaplain you wish to see. If the chaplain is not available, you may leave a message for them.

A Showboat and Hario Village Theater Cine-Pass could be your ticket to happiness. A Cine-Pass gives the holder head of the line privileges for blockbuster movies, plus a total of eight movies for the price of seven. Cine-Passes are now on sale at the Showboat and Hario Village Theaters. For more information, call 252-3500.



Fleet Gym 252-3588

Hario Gym 252-8691

Karate seminar prepares students for annual CFAS tournament

Lara Deguzman
E.J. King High School

The Thanksgiving holiday was not the only social event of the weekend. A free karate seminar and tournament was held Friday Nov. 26 and Saturday, Nov. 27, at the Hario Gym, affording kids and adults of all ages an opportunity to spar with special guest and karate instructor, Master Chuck Elias.

The three-hour seminar prepared and trained karate students for the upcoming Fleet Activities Sasebo (CFAS) Friendship Invitational Karate tournament the next day.

"I am very grateful to Tony and Gail Benton for this opportunity to be here. All the kids I've dealt with here, I have no problems with. They're all well behaved and have been a pleasure to work with," Elias said.

Elias currently holds the rank of sixth degree Black Belt and holds a fifth degree in Championship Karate. He was ranked as one of the top 20 fighters in the Chuck Norris System and was nominated for instructor of the year in July, 2000. Elias is recognized in national Karate publications and was selected for the USA Karate Team to travel to Russia in

1989 and China in 1991.

The seminar invited karate participants to practice their "kata," a combination of movements that students perform alone according to a set pattern in their division of rank, or belt color, and techniques for sparring.

"First of all, I was just proud to have my students out there. The seminar and tournament was for the kids to have fun. It gave them the exposure of fighting in a tournament setting and allowed them to learn how to win and lose," said Tony Benton, karate instructor and tournament judge.

There were more than a few who were pumped and ready for the tournament that night.

"I can't wait to take the first place trophy. I just want to thank the people I had to step on to get to where I am today," laughed Gunner's Mate Third Class3 (SW) Mike Braun.

"Actually, it was a pleasure to be in the seminar and compete in the tournament," he added.

Spectators, who watched the Adult division, saw E.J. King High School senior and Black Belt from Benton Karate Ralph Roe place first in the sparring portion of the tournament.



Karate students spar with each other during the karate seminar at the Hario Gym. The three-hour seminar prepared students for the annual CFAS Friendship Invitational Karate tournament. (Released by CFAS Public Affairs)

"If your children are not in martial arts, I recommend they should be. Martial arts is not just about kicking and punching. When they are taught correctly, martial arts can be a great partnership with parents because they learn to become better citizens," Elias said.

Ambassadors basketball team coming to Sasebo

Isaiah Mincks
MWR Sports

The Harlem Ambassadors bring their unique sports entertainment show to Asia for the fourth time this December with a tour of various United States Military Installations. The Ambassadors show features high-flying slam dunks, dazzling ball handling and hilarious comedy routines led by Lade' Majic, Queen of Show Basketball.

The Harlem Ambassadors Asian tour will kick off in Korea, before coming to Japan to play. The Japanese portion of the tour normally includes appearances at Camp Zama, NAF Atsugi, Yokosuka Naval Base, and Yokota Air Base.

Unlike some other basketball shows, the Harlem Ambassadors do not travel with a pre-selected opponent. Instead, at each facility, the Ambassadors will meet a squad of the base's finest players. "Military players are in great shape and always present a real challenge to the Ambassadors," observed President/General Manager Dale Moss.

He added that meeting base teams adds an "improvisational spontaneity to the humor that you don't get playing a team that is paid to lose night after night."

The Sasebo Eagles will be composed of various Intramural Ballers and the CFAS VIP Squad.

The Eagles will do their best against the Ambassadors, and are looking for victory.

The Ambassadors will hold a Youth Clinic for children ages 5-18 years of age in the Hario Village Fitness Center on Saturday, Dec 18 from 9am-11:30am.

The team will then venture back to the Main Base Fleet Fitness Center to take on the Eagles at 6pm. The gates will open at 5pm, and admission is free to all who attend. Seating will be first-come, first-serve, so plan accordingly.

Kids will have the opportunity to sit on the mats surrounding the perimeter of the floor.

Come out and join in on the fun! See you on Saturday, Dec. 18!

Sports Results

Turkey Shoot Golf Tournament

Friday Nov. 26, 2004
Saikaibashi Golf Course
2 Person Best Ball

Champions: S. Parson
Short **Score 71**

Runners Up: B. Wright
B. Meason **Score 84**

Third Place: R. Gilbert
T. Howard **Score 85**

Longest Drive #2: S. Parson
Longest Drive #16: Doyle
Closest To Pin #6: M. Haley
Closest To Pin #15: K. Kallio

Turkey Trot 3K Run
Friday, Nov. 24, 2004
First Place: Rick Gilbert/SRF/ **14:03**
Second Place: Tom Howard/CFT76/ **14:31**

Upcoming Sports

Drinking & Driving Awareness 5K Run Event is for 2004 Captain's Cup Points!

Friday, Dec. 10 at Nimitz Park at 11:30am. Support this Command Awareness event by participating. Awareness Literature will be available for anyone interested. Awards will be given to the top 3 finishers in both the male and female divisions.

"Long John's Golf Tournament"

Saturday, Dec. 11. First tee time will be at 7:30 a.m.

This brisk of a challenge will be held at Tsukumo Golf Course. Remember to wear your long Johns and have a merry good time! Entries are due to the Fleet Fitness Center office by Tuesday, Dec. 7. A \$5.00 registration fee is required upon registration. Format is Singles Handicap (3 club plus a putter). Awards to the top golfer in each flight, along with long drive, close to pin and gorilla contests.

Lifeguard Certification Training

Begins Jan. 17
Open to Active duty and SOFA Personnel at least 15 years of age
All candidates must swim 500 meters.
For more information contact the Fleet Fitness Center at 252-3588

New Years Resolution 5K Run/3K Walk:

Saturday, Jan. 1
Race starts 11:30 a.m., in front of the USO in Nimitz Park.
Awards will be given to the top finishers in each division (Youth, & Adult). Fun Run Events are open to runners and walkers of all ages. Pre-register at the Fleet Fitness Center or sign-up prior to event. For more information call 252-3588.

